

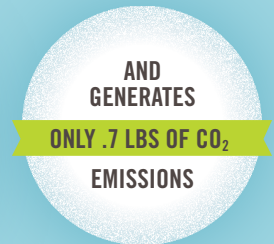
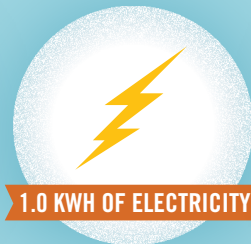
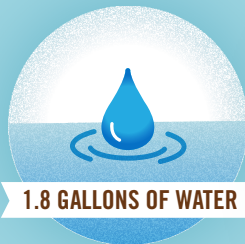
# THE MUSHROOM SUSTAINABILITY STUDY

**Mushrooms are healthy on the plate, and gentle on the planet.**

The newly released *The Mushroom Sustainability Story: Water, Energy and Climate Environmental Metrics* measures the water, energy and carbon emissions required to grow and harvest fresh mushrooms in the United States.

Researchers measured production at 21 mushroom facilities – representing one-third of U.S. fresh mushroom crop – and found:

## THE PRODUCTION OF 1 LB. OF MUSHROOMS REQUIRES ONLY:

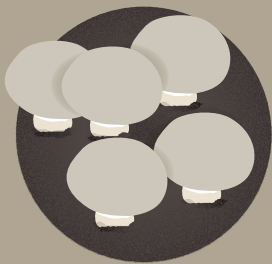


## In addition, mushrooms' small growing space nets high yields.

Mushrooms are grown indoors, year-round, in beds of composted materials.

Growers produce millions of pounds on a few acres of land. Mushroom beds are stacked vertically in growing facilities, allowing a high volume of mushrooms to be grown in a relatively small space.

The soil used to produce mushrooms is made of composted materials. After mushrooms are harvested, the compost is recycled for multiple uses, including potting soil.



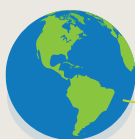
"Our two-year analysis concludes that the amount of natural resources and space required to grow mushrooms is remarkably low compared to the published data on other foods. Mushrooms can now definitively be considered one of the most sustainably produced foods in the United States."

- Dr. Jeff Dlott, president and chief executive officer of SureHarvest, and chief researcher for *The Mushroom Sustainability Story* study

## MUSHROOMS



HEALTHY  
ON THE  
PLATE



GENTLE  
ON THE  
PLANET



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